



news from the

alexandria community services board

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National Alcohol and Drug Addiction Recovery Month: Join the Voices for Recovery...Now!

Mayor William Euille joined with the CSB to proclaim September *National Alcohol and Drug Addiction Recovery Month*. Each September, communities nationwide join together to help people recognize that alcohol and drug use disorders are treatable diseases. Research shows that treatments for alcohol and drug use are as effective as treatments for other chronic conditions—yet nationally, only 10 percent of Americans who need treatment receive it.

Locally, many Alexandrians struggle every day with their own drug and alcohol issues. The good news is that treatment is available and effective. The Recovery Month 2004 theme, *Join the Voices for Recovery ... Now!* encourages communities to take action to improve access to recovery. Recovery Month celebrates the great strides taken by people who have undergone treatment, and recognizes those in the treatment field who dedicate their lives to helping others.

As part of the month's activities, the CSB held a Cook-Out with a Mayoral Proclamation at Charles Houston Recreation Center. **Trader Joe's** provided hot dogs and fixings for over 200 people. The

CSB's Substance Abuse Services Center held an open house, staff gave presentations and distributed literature in English and Spanish at local schools and community



Above: Mayor William Euille presents the Recovery Month proclamation to CSB members Mary Riley and Harry (Bud) Hart.

centers, and provided outreach to faith-based organizations.

For more information about substance abuse recovery, call 1-800-662-HELP or call the CSB at 703.838.6400.†



Children at the Recovery Month Cook-Out won a small prize for naming ways to stay drug and alcohol-free.

Vocational Services Picnic

Alexandria Vocational Services held an end-of summer picnic for consumers and staff who work in this program. Vocational Services helps persons with mental retardation by providing them with the opportunity to work and earn wages doing tasks such as collating documents and recycling materials. The program also supports persons who are employed in the community, either in a group or individually, alongside non-disabled workers. Over fifty people attended the picnic, which included a barbeque, music and dancing, and water games.†



Above left to right: Wanda, a member of Vocational Services, alongside Rene Rinaldi, a vocational counselor.

**Inside-the new
Clubhouse!**



Essex House Summer Camp: Positive Expression Program

The Positive Expression Program (PEP) at Essex House continued for a third year, after Council requested in 2002 that additional summer services be offered to meet the needs of this apartment community.



For the activity, "Traces of Me," children made life-size images of themselves.

This therapeutic art program for 6-12 year-olds met five days a week for one month, and addressed areas of concern including low self-esteem, anger management and limited communication skills.

Highlights of the activities included making a "Positive Thoughts" paper chain, voting for "camper

of the day," mask making, journal writing, listening to world music and studying American heritage.

The 24 campers reported in their own words that they learned about brotherhood, love, calming down, peace, helping others, having fun, animals, writing and making

art. Favorite activities included learning the military alphabet, telling scary stories, and of course, going on field trips.

Field trips included going bowling and to the movies, visiting the Imax theater to see "Bugs," and touring the museum of African American Art.

When asked what they wanted for themselves and their families when they grow up, the campers wrote: a big house, to eat, to be happy and take care of each other, money, to all get along, a puppy and flowers.

Outcomes from PEP indicated that 87% of the participants increased their self esteem, 80% got along better with others, and 100% felt cared about by the adults in the program. †

Military Alphabet

A: Alpha
B: Bravo
C: Charlie
D: Delta
E: Echo
F: Foxtrot
G: Golf
H: Hotel
I: India
J: Juliet
K: Kilo
L: Lima
M: Mike
N: November
O: Oscar
P: Papa
Q: Quebec
R: Romeo
S: Sierra
T: Tango
U: Uniform
V: Victor
W: Whiskey
X: X-Ray
Y: Yankee
Z: Zulu

Kids Are Terrific Camp

Each summer, the CSB coordinates the Kids Are Terrific (KAT) substance abuse prevention camp for children 8- 12 years of age. This year's program was facilitated by CSB therapists, peer advisors, JobLink interns and staff from the nine recreation centers where the camp was offered.



At KAT Camp, kids practiced anger management and negative peer pressure reversal skills.

One hundred and sixty children participated in the six-week program. KAT teaches youth how to resist negative peer pressure through a five-level program in which the children role play appropriate responses to differing levels of peer pressure. Children also learned about anger management, healthy eating and the dangers of tobacco.

Outcomes showed that 88% of the children improved their peer pressure reversal skills, 90% improved their knowledge about the dangers of tobacco, and 95% improved their anger management skills.

The groups went on field trips to Cameron Water Park, the Great Blacks in Wax

Museum and bowling.

Camp ended with a family picnic in Fort Ward Park. Forty-five of the campers who showed the greatest leadership skills were rewarded with a trip to Kings Dominion. †



KAT Camp kids visiting the great Blacks in Wax Museum in Baltimore.

New Clubhouse Opens on King Street

The Clubhouse, formerly located on North Patrick Street, opened at its new location on the sixth floor of 4480 King Street. The six-story mirrored building was renovated inside and now boasts a modern architectural design with down-lights, hardwood floors, lots of color and rich fabrics.

The nonprofit group, Friends of the Alexandria Mental Health Center, raised over \$15,000 from individual supporters to purchase art and other items selected by the Clubhouse members. In honor of their “friends,” the Clubhouse members erected a neon sign in the cafeteria that reads “Friends Cafe”.

The Clubhouse is a psychosocial rehabilitation program for persons with psychiatric disabilities. Psychosocial rehabilitation moves away from the focus on a person's symptoms to looking at one's level of social functioning.



Clubhouse reception area.

Most members have been patients in psychiatric hospitals at some time, because they were sick and needed help. Now they are members of a club, which entails meeting expectations and learning new skills so that they can recover and become productive members of the community. Recovery is a life-long process. Clubhouse members form a network of friends who support each other even when there is a relapse in their symptomology.

There are a variety of activities at the Clubhouse that provide valuable social and vocational skills.

Clubhouse participants are referred to as *members*, not clients or patients, thereby emphasizing their active participation in running the Clubhouse. All activities are planned and executed by members. In essence, the Clubhouse program *is the treatment*.

The *Food Service Unit* prepares lunch daily at a charge of 75¢. Participating in this unit involves meal planning, shopping, budgeting, cooking, running the cash register and cleaning up. The *Membership Unit* orients new members, gives tours to visitors and provides outreach. The *Community Relations Unit* answers the phone, makes copies and produces the Clubhouse member newsletter.

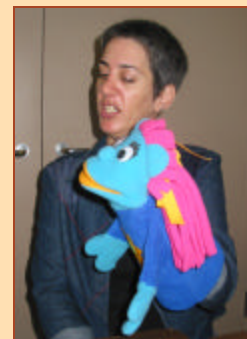
Structured activities include the Vocational Program, which supports members with job coaching and job development. There are educational presentations and groups created in response to member interest including stress management, computer training, and job-holder meetings for persons employed in the community.



Also housed at the new location are the CSB's Substance Abuse Day Support Program, Extended Care Administration, the Infant and Toddler connection (formerly PIE), and the City's Health Department.

Al Is Coming to Area Schools

The CSB's Prevention Division received a \$70,000 grant from the Virginia Tobacco Settlement Foundation to implement the *Al's Pal's* Program in 11 Alexandria preschools. Al and his puppet pals help children to develop personal, emotional and social skills, which form the building blocks for future success in life. Staff at each school have been trained on program implementation, and provided with the necessary materials.





Alexandria Community
Services Board
720 North Saint Asaph Street
Alexandria, VA 22314

What is the Alexandria Community Services Board?

The Alexandria Community Services Board is a group of 16 citizen volunteers appointed by the City Council. The Board oversees the City's publicly funded services for Alexandrians with mental illness, mental retardation or a substance abuse problem. Board policies, programs and plans are implemented and managed through the City's Department of Mental Health, Mental Retardation and Substance Abuse. Board meetings are open to the public. The Board meets on the first Thursday of every month except August. Please call 703.838.4455 in advance to sign up. Accommodations will be made for persons with a disability. †

To make comments, suggestions of story ideas or contributions, call Jennifer Cohen Cordero at 703.838.4455, x165.

Recruiting Organizations to Reduce Youth Tobacco Use

As part of a regional effort, the Alexandria Community Services Board (CSB) is recruiting community



organizations as partners in an initiative to reduce youth tobacco use. A grant for this project was awarded to the CSB by the Virginia Tobacco Settlement Foundation. The initiative is designed to teach community organizations to implement *Get Real About Tobacco*, a proven tobacco prevention program. The multi-week program changes attitudes about tobacco, reduces risk for tobacco use, and encourages youth who use tobacco to quit.

Partner organizations will receive free training, all required materials and a stipend upon program completion. For further information contact Deborah Warren at deborah.warren@alexandriava.gov or 703.838.4455.†